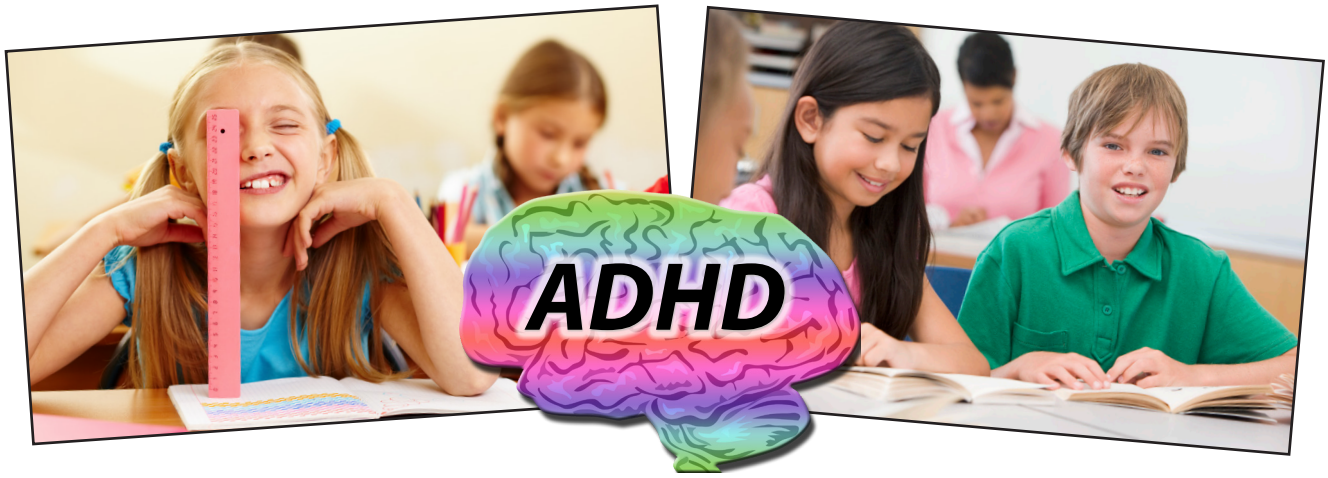
ADHD-Friendly Parenting



2-Hour Workshop

Wednesday, May 30
6:00 to 8:00 pm

$25 in advance • $40 at the door

at Anchorpoint Counseling Ministry offices.
Call 412-366-1300 to register.

Every parent of a child with ADHD has mornings where the first thought is, ***"I'm completely in over my head."*** In fact, research shows that, on average, these parents experience significantly greater stress levels than parents of kids without ADHD. ***We're here to help.***

Research is now showing that some of the best treatment for kids with ADHD is through the back door: parent support and training. In this workshop you will learn:

- how the brain of a child with ADHD is different,
- which battles to fight and how to fight them,
- how to set up your environment for success,
- how to work with schools, and
- that you are not alone! Share experiences with other parents in your shoes and support one another.



Anchorpoint
Counseling Ministry
Saving Families - Saving Lives for Over 50 Years

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